



## TINCTURES

Tinctures are made from soaking cannabis flowers in grain alcohol for an extended amount of time. As the plant matter soaks, the alcohol pulls the cannabinoids off the plant and absorbs them into the solution, similar to how you'd dissolve Kool-Aid mix into water.

For tinctures to be effective, we recommend sublingual administration, or placing a few drops under your tongue. This allows the solution to be absorbed through the artery under your tongue to quickly reach your brain. Tinctures will also provide a quicker onset than edibles, which is why they are superior in terms of monitoring your doses to determine the right amount for you.

**Recommended Dose:** Start with 5 mg or less under the tongue

**Onset:** Takes between 15-30 minutes to kick in

**Duration of Effects:** Effects are felt for between 2-4 hours

**Time Between Doses:** Wait 30-60 minutes before additional does

## CONTACT US

If you have any other questions regarding our products, feel free to come visit our store, give us a call, shoot us an email, or check out our website for more education and store information.



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# DOSING GUIDE

Here at Bloom Brothers, we know that the effects of cannabis products can vary depending on the individual user, as each person's body metabolizes and processes marijuana differently.

In this pamphlet, we will discuss the different methods of delivery you can choose from, as it's important to find the right product to deliver your desired effects. We will also discuss recommendations for how much to take at a time and how different strains may affect your body and mind.

Whether you use cannabis products to provide relief or to simply enjoy its euphoric effects, Bloom Brothers is here to help you find what you're looking for!





## EDIBLES

Even for regular users of cannabis, improper dosing can lead to extreme side effects such as rapid heart rate, nausea, and anxiety. However, proper dosing can result in a euphoric, controlled experience. The edible form of marijuana is the most commonly abused form of cannabis, as its delayed onset can lead to users ingesting too much before the effects have time to kick in. For this reason, Massachusetts regulations place limits on licensed manufacturers by limiting a serving of edible cannabis to have a maximum THC content of 5 mg.

For beginners, we recommend that you take no more than 1 serving at a time to see how your body reacts. More information can be found on our website, but here is some general information about edibles

### DOSING

**Recommended Dose:** Start with one serving of 5 mg or less

**Onset:** Takes between 30 minutes to 2 hours to kick in

**Duration of Effects:** Effects are felt for between 4-8 hours

**Time Between Doses:** Wait at least 2 hours before eating more



## FLOWERS/VAPORIZERS

Smoking either flower or vaporizing distillate or concentrate will have a much quicker onset than edibles. When you smoke cannabis, the THC goes directly to your brain's endocannabinoid receptors and is felt almost immediately. In edibles, the THC is absorbed in your liver before it enters your blood stream, eventually making its way to your brain.

For beginners, we recommend starting off with one inhalation and waiting for about 15-20 minutes to see how your body reacts. By this point, you can usually tell how prominent the effects are going to be and whether or not additional doses are needed to reach your desired effects.

**Recommended Dose:** Start with one inhalation

**Onset:** Takes between 1 to 15 minutes to kick in

**Duration of Effects:** Effects are felt for between 2-6 hours

**Time Between Doses:** Wait 15-20 minutes before another inhalation

## DOSING INTRO

Products will vary in potency (strength of effects on body and mind) and cannabinoid profiles. Strain specific details and ingredients are labeled on all of our products after they are tested by a licensed third-party laboratory.

For anyone using cannabis, it's important to find the appropriate dose for their desired effects, as every person's body metabolizes cannabis at different rates, which means everybody has different tolerance levels.

### KEY POINTS TO REMEMBER:

- Our recommendation is to always Start Low and Go Slow.
- Follow the directions on the product label for recommended dosing,
- Wait the recommended amount of time between dosages

Different product's recommended times to wait between doses vary, so reference this pamphlet to ensure you have the most enjoyable experience possible